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**WHAT IS CLAIMED IS:**

1. A processing method of processed products of wheat, barley, oats and rye,  
5 characterized that seeds of wheat, barley, oats and rye are soaked in water or hot water for predetermined time.
2. A processing method of processed products of wheat, barley, oats and rye,  
10 characterized that after seeds of wheat, barley, oats and rye are soaked in water or hot water for predetermined time, a germination process is performed, then any functional ingredients  
15 contents in seeds of wheat, barley, oats and rye are adjusted by controlling the germination process.
3. A processing method of processed products of wheat, barley, oats and rye,  
20 characterized that after seeds of wheat, barley, oats and rye are soaked in water or hot water for predetermined time, a drying process is performed at predetermined temperature, then any functional ingredients contents in seeds of wheat,  
25 barley, oats and rye are adjusted by controlling the temperature of the drying process.
4. A processing method of processed products of wheat, barley, oats and rye,  
30 characterized that after seeds of wheat, barley, oats and rye are soaked in water or hot water for predetermined time, a gibberellin process is performed.
- 35 5. A processing method of processed products of wheat, barley, oats and rye,  
characterized that seeds of wheat, barley,

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oats and rye are soaked in water or hot water which are included the gibberellin for predetermined density.

5                   6. A processing method of processed  
products of wheat, barley, oats and rye,  
                  in which an extraction solution extracted  
functional ingredients from seeds of wheat, barley,  
10               oats and rye is produced by soaking seeds of wheat,  
barley, oats and rye or an processed seeds obtained  
by processing the seeds in an extraction solvent, an  
extraction volume of any functional ingredients are  
adjusted by controlling the temperature of the  
extraction solvent.

15                   7. A processing method of processed  
products of wheat, barley, oats and rye,  
                  in which an extraction solution extracted  
functional ingredients from seeds of wheat, barley,  
20               oats and rye is produced by soaking an processed  
seeds obtained by processing seeds of wheat, barley,  
oats and rye in an extraction solvent, an extraction  
volume of any functional ingredients are adjusted by  
producing the extraction solution from the processed  
25               seeds which are obtained by changing conditions for  
processing seeds.

                  8. A processed product or processed  
products of wheat, barley, oats and rye processed by  
30               processing the method as claimed in claims 1-7.

                  9. A food or foods using the processed  
products of wheat, barley, oats and rye as claimed  
in claim 8.

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